**Learning & Your Environment**

1. Do you study better alone, or with one or more partners?

2. When working, do you tend to spread out over lots of space, or occupy a very limited area?

3. What sort of temperature - cold, cool, normal, warm, hot - would you prefer for studying?

4. What sort of light conditions do you work best in, from very brightly lit to a "spotlight" just on your work?

5. What sort of body arrangement is best for your studying - sitting upright at a desk or table, or plopped in a chair, or lying down, pacing, some other -?

6. What sort of sound background fits your studying - silence, noise, something in particular -?

7. What sort of planning best suits you - do you sit down with a very specific plan, a general plan, no real plan at all? And do you find that you study for a class day by day, or leave things until the last minute and then cram your socks off?

8. Do you prefer to stay on one source at a time while you study, or do you tend to jump from source to source as you work?

9. During what time of day do you seem to work best? Would you rather know the time while you're working?

10. Do you study better if you have something to eat and/or drink while you work?

11. Do you need to know the format (multiple choice, essay, matching, etc) of an exam you're studying for?

12. Most people *don't* set themselves up in the environment that best suits them. How is your regular study routine different from your optimum situation, and what aspects could you change?

13. In what ways does a typical classroom suit your work environment preferences? In what ways is it a poor environment for you?

(McDarby, 1988)